



# Mid-State Gastroenterology

powered by



## PRE-PROCEDURE DAY INFORMATION

**\*\*\*PLEASE READ AT LEAST FIVE DAYS BEFORE YOUR PROCEDURE\*\*\***

At least two days prior to your procedure, someone from the surgery center will call you before your procedure to confirm your arrival time and review information regarding your procedure.

### **PLEASE BE ADVISED OF THE FOLLOWING:**

It is your responsibility to contact your insurance company to learn whether a specific procedure is covered and if it will be applied to a deductible. Some insurance plans have riders and underwriting on the plan that may or may not cover any or all of the procedure. We want you to be aware and understand the specifics of your insurance coverage. We are happy to provide you with the codes that could be used when submitting your claim to the insurance company.

### **\*\*\*VERY IMPORTANT\*\*\***

**There are three (3) entities involved that will send a bill following your procedure.**

1. FACILITY: Mid-State Endoscopy or Ascension Saint Thomas Rutherford
2. OneGI:
  - Dr. Sunil Sarvaria
  - Pathology (if any specimens are collected during procedure)
3. ANESTHESIA

**Anesthesia, pathology, and physician charges are filed with insurance for determination of additional patient financial responsibility.**

### **SURGERY CENTER LOCATIONS:**

*You will report to one of the surgery centers noted below as instructed by your provider/nurse.*

#### **Mid-State Endoscopy Center**

1115B Dow Street  
Murfreesboro, TN 37130  
Phone: 615-848-9234



#### **Ascension Saint Thomas Rutherford**

1700 Medical Center Pkwy  
Murfreesboro, TN 37130  
Phone: 615-396-4100

*\*Enter through the main hospital entrance.\**



**PROCEDURE DATE:** \_\_\_\_\_

**PROCEDURE TIME:** \_\_\_\_\_



## Colonoscopy Prep General Instructions

We require a 48 hour cancellation or reschedule notice. Please call 615-896-6996 to reschedule or cancel.

- **One week before your procedure**
  - *Stop taking ALL iron products*
  - *DO NOT stop any blood pressure, blood thinner or heart medications until you hear from our office.*

### **Registration / Pre-op Interview:**

A representative from the facility will call you before your procedure to complete a medical history or you may choose to complete this information on the link sent to you from 1Medical Passport. \*\* See last page for information.

### **Day of Surgery:**

Please bring the following with you:

- Photo ID
- Insurance cards
- Current medication list including dosage and frequency
- Advance Directive, Living Will or Power of Attorney (if applicable)

### **Transportation:**

This is a SEDATED procedure. You must have a responsible adult driver to drive you on the date of the procedure. They need to remain in a close proximity to the facility. We will call them once your procedure is complete and they MUST drive you home. If you choose to use public transportation, you must still have an adult accompany you.

### **Payment and Insurance:**

The facility, Mid-State Endoscopy Center, will require any payment due on the date of service. AA facility representative will contact you prior to your scheduled date to discuss cost. Mid-State Endoscopy Center accepts all major credit cards, Care Credit, FSA cards and checks. Financial arrangements are available, however, this must be discussed PRIOR to the date of service.



## Colonoscopy Prep General Instructions

### **Preventative vs. Screening Colonoscopy:**

Although most insurance companies cover a screening colonoscopy under preventative wellness benefits, you may still receive a bill. If your colonoscopy is a scheduled screening and there are any findings by your physician, the colonoscopy may no longer be considered a screening procedure; it is considered diagnostic and your insurance benefits may be different. Please note that this is strictly based on your insurance plan. The facility nor the physician have the ability to change the coverage your insurance plan provides or change the findings found during the procedure.

### **Upper Endoscopy Procedure:**

This procedure is subject to deductible or copay, as this procedure is not considered a screening or wellness service.

### **Items you will need for your prep:**

1. Dulcolax laxative tablets: 2 (5mg tablets); these can be purchased over-the-counter. (Bisacodyl- Generic name)
2. Miralax: 1 (527 gram or 30 dose bottle); may be called into pharmacy or purchased over-the-counter.
3. Gatorade: 2 (32oz. bottle), any color EXCEPT red or purple (\*\*diabetic patients should use Diet Gatorade, G2)
4. Simethicone (Gas-X); 8 (125mg tablets) in all; dissolving

### **The day before your procedure:**

\*\* Diabetic patients:

- Only take half of your usual diabetic medication in the morning. DO NOT take any more diabetic medication until after your procedure the next day. Remember to mix your Miralax with Diet Gatorade (G2) or Powerade Zero.

NO solid food at all. Y

- You may have beef, chicken or vegetable broth. YYou may also have plain Jjell-O or popsicles (any color EXCEPT red or purple). DO NOT EAT ANYTHING OTHER THAN WHAT IS LISTED HERE.



## Colonoscopy Prep General Instructions

Clear liquids only:

- Gatorade, apple juice or white grape juice; soft drinks (any color EXCEPT red or purple). You may also have tea or coffee but NO cream or milk. Sugar and artificial sweeteners are okay.

At 12:00p.m:

- Take 2 (5mg tablets) Dulcolax laxative tablets

At 5:00p.m:

- Mix first half of your prep
  - Mix 15 capfuls of Miralax into 32 ounces of Gatorade
  - Drink 8 ounces every 15 minutes until gone
- Take 4 Simethicone (Gax-X) tablets; you may mix with Gatorade or Miralax.

### **The morning of your procedure:**

**NO FOOD OR DRINK AT ALL EXCEPT THE REST OF YOUR PREP.**

At \_\_\_ a.m. or 6 hours prior to procedure:

- Mix the second half of your prep: Mix 15 cap fulls of Miralax into 32 ounces of Gatorade. Drink 8 ounces every 15 minutes until gone. Take the last 4 Simethicone (Gas-X) tablets; you can mix with the Gatorade or Miralax.
- When you are finished with the prep, your bowel movements should be liquid and mostly clear. At this point you can not have anything else to eat or drink until after your procedure.

\*\* If you normally take heart or blood pressure medications in the morning, you may take them with a very small sip of water.

\* Miralax disclaimer: While Miralax is deemed a safe medication, there are potential side effects. These include, but are not limited to: nausea, vomiting, bloating, abdominal pain and/or diarrhea.

There are two parts to the prep which includes the entire bottle of Miralax. If at any time you become too nauseated or start to vomit, you can slow down the frequency of consumption. The prep schedule can be altered if you need to start earlier to allow more time to drink the prep. The goal is to have your stools clear to near clear. Most patients will attain this goal while drinking the second half of the prep. Following the prep instructions is required in order to have your colonoscopy. If you have any questions about how you are tolerating the prep, please call our office at 615-896-6996.



# Mid-State Gastroenterology

powered by

